



Knowledge and awareness of heat-related morbidity among adult recreational endurance athletes

Author(s): Shendell DG, Alexander MS, Lorentzon L, McCarty FA
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Abstract:

Adults have been increasingly motivated to compete in recreational endurance sports events. Amateurs may lack a complete understanding of recommended strategies for handling heat and humidity, making heat-related illnesses increasingly possible. This is compounded by global climate change and increasing average surface and air temperatures, especially in urban areas of industrialized nations in Europe and North America that have hosted most events to date. We conducted an on-line, secure survey at the 2nd Annual ING Georgia Marathon and Half-Marathon in Atlanta, Georgia, in 2008. We included previously validated questions on participant socio-demographics, training locations, and knowledge and awareness of heat-related illnesses. Participants were aware of heat illnesses, and of heat stroke as a serious form of heat stress. However, the majority, across age and gender, did not understand the potential severity of heat stroke. Furthermore, 1-in-5 participants did not understand the concept of heat stress as a form of heat-related illness, and how heat stress may result from buildup of muscle-generated heat in the body. Adult recreational endurance athletes are another susceptible, vulnerable population sub-group for applied research and public health educational interventions, especially in urban areas of industrialized nations in Europe and North America.

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Resource Description

Communication:

resource focus on research or methods on how to communicate or frame issues on climate change; surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Communication Audience:

audience to whom the resource is directed

Public

Exposure :

weather or climate related pathway by which climate change affects health

Temperature

Climate Change and Human Health Literature Portal

Temperature: Extreme Heat

Geographic Feature: ☒

resource focuses on specific type of geography

None or Unspecified

Geographic Location: ☒

resource focuses on specific location

United States

Health Impact: ☒

specification of health effect or disease related to climate change exposure

Injury, Other Health Impact

Other Health Impact: heat related illness

Mitigation/Adaptation: ☒

mitigation or adaptation strategy is a focus of resource

Adaptation

Population of Concern: A focus of content

Other Vulnerable Population: adult recreational endurance athletes

Resource Type: ☒

format or standard characteristic of resource

Research Article

Resilience: ☒

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

A focus of content

Timescale: ☒

time period studied

Time Scale Unspecified